

WORKSHEET: CHAPTER 11

HEALING THE PAST GOD'S WAY MOURNING AND GRIEF: A BROKEN VESSEL

MEMORY VERSE

The LORD is near to the brokenhearted
and saves the crushed in spirit.
Psalm 34:18

TO BEGIN MEDITATION:

Always begin with prayer. Ask God for the grace to study His Word with an open heart, a wise mind and a nimble spirit. Ask, expecting to receive from God.

WHAT ARE YOUR PERSONAL OBSERVATIONS?

Keep a notebook with these six sections separated:

- Is there a *new thought* or learning about God's character?
- Is there an *example* to follow?
- Is there a *command* to obey?
- Is there a *promise* to claim?
- Is there an *error* to avoid?
- Is there a *sin* to confess?

As you work through various passages of Scripture, write down in each section the things you notice about God's Word that promise, exhort, encourage or warn you as you work through this Christian life.

HOW DO I APPLY THE TEXT TO MY DAY / TO MY LIFE?

This part of the meditation is intimate and personal between you and God. How does this passage change your perspective, your understanding and focus? Does the material encourage you to continue on this path or choose another? Talk to God and listen for His Voice as you answer these questions in light of His Word and your time meditating on it.

AND FINALLY, PRAY:

Thank God for His Word. Ask Him for the strength to apply what you are learning to your life and to live in a way that brings Him glory.

CHOOSE one of the following Psalms to meditate on this week, journal your meditations:

PSALM 55, 57, 69, 71 or 142

ACKNOWLEDGE YOUR OWN FEELINGS

PROCLAIM THE TRUTH OF WHO GOD IS

INVITE OTHERS INTO THE PROCESS